



U.S. Air Force photo by Airman Michael S. Deleo
Army Pvt. Matt W. Pippin, a BBC student, works his stomach muscles in preparation for the physical training test. On the last PT test Pippin scored the Army’s maximum score of 300.

Soldier exceeds expectations in Army PT standards, scores 300

By Army Pvt. Guy D. Choate

According to Webster’s New Collegiate World Dictionary, the word maximum means the greatest quantity or value attainable or attained. The Army Physical Fitness Test is used to measure the muscular strength and the cardiovascular endurance of soldiers based on a point system. What does it take to maximize something like the APFT?

Pvt. Matt W. Pippin, a soldier at the US Army Signal School Detachment at Fort Meade, who is waiting to take the April 5 BBC class here, maximized the APFT Thursday morning.

Pvt. Anthony Tyrone Powell, a VPD student here, maximized the APFT in basic training.

When he came to Fort Meade, Powell fell short of the maximum by 15 points.

“The change in climate greatly affected my score on the run. It really caused my effort and motivation levels to be bogged down,” said Powell.

“I was a little disappointed about not maxing it out, but I’m planning on taking another one soon,” said Powell. “I know I can max the next one. I feel like I’m in my prime again.”

The APFT consists of three different events. The first event is the push-up. The second is the sit-up and, finally, the two-mile run.

To pass the test, a soldier must achieve a minimum of 60 points in every event. Sixty points for 17-to-21-year-old males is 42 push-ups, 53 sit-ups and a time of 15 minutes and 54 seconds on the two-mile run.

To get a perfect score, a soldier must achieve 100 points in every event. One-hundred points for 17-to-21-year-old males is 71 push-ups, 58 sit-ups and a time of 13 minutes flat on the two-mile run.

These two physically successful soldiers believe that a good APFT score comes from more than just normal physical training.

“Just staying active and staying in a good mood does a lot for me,” said Pippin.

Powell said, “The key to preparing for the PT test is practicing repetitions, having plenty of confidence in yourself and maintaining a good

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Army Pvt. Anthony Tyrone Powell,
VPD student

level of hydration during the test. It’s not all about muscle mass. It’s the small things anyone can do, like learning to keep your breathing at a steady pace when running.”

Another way they improve their APFT scores is by monitoring diets.

“I definitely watch what I eat,” said Pippin. “I eat a small amount of sugar and fatty foods. It makes a big difference.”

Powell said, “If you are eating greasy food, you build up lots of fat and that really kills you on the PT test. I stay away from pizza and things like that.”

Both of the soldiers agree that it’s not completely regular exercise that prepares them for the test, but they know it plays a large role in it.

“Having a steady, daily physical training routine is essential to keeping in good shape,” said Powell.

“PT is about setting goals for yourself and then working yourself hard enough to achieve those goals,” he added.

Pippin said, “If your body is comfortable during a PT session, you aren’t working hard enough.”

“The Army keeps constant pressure on you to become more physically fit,” said Pippin. “It also guarantees you someone to workout with almost everyday, and that helps motivate me a little bit.

The hard part for me isn’t actually doing the PT, it’s getting myself motivated enough to actually go to the gym or get out there in the street and start working out,” he added.

Pippin and Powell both set their goals and met them. They won the battle inside themselves and now are filled with the confidence to overcome life’s obstacles with the pride of a mission accomplished.

Sports

USO Run set for May 6

The United Services Organization of Metropolitan Washington announced that the date for the 3rd annual Microsoft/USO Defenders 10 Mile Run in Washington DC will be May 6.

A registration fee of \$20 is required until April 23 when the fee goes up to \$25. You may also register May 5 for an additional \$25 in late fees.

Proceeds from the race will benefit the programs of the USO of Metropolitan Washington, a private, non-profit 501(c) (3) organization which doesn’t receive any federal, state or local funding. USO-Metro provides social services to military personnel and their families in Washington, DC, Maryland and Northern Virginia. The race will feature a runners expo, a cash purse of \$10,000 and special recognition to participating active duty military personnel as individuals and as teams.

For more information, visit either the website, www.runwashington.com or call the Capital Running Company at (301)871-0400.

Post softball league

The Sports Office on post is offering a post-level softball league for the spring of 2001.

Participants must be active duty or active duty families and at least 18 years old, said Neal Fleisher, Sports Office director on post.

Any groups interested in participating in the 2001 post softball season need to attend a meeting at Murphy Field House on post March 26 at 3 p.m. with a letter of intent, said Fleisher.

For more information, contact Fleisher at (301) 677-2634.

ADA Tour De Cure May

The American Diabetes Association is hosting a bicycling fundraising event to support diabetes research May 5 at Patapsco Valley State Park in Elkridge, Md.

The Tour De Cure offers three cycling events. The 100-kilometer ride begins at 8 a.m., the 30-mile cycle starts at 9 a.m. and the 10-mile ride starts at 10 a.m.

There is a \$15 fee due at registration. In addition to the registration fee, a minimum \$100 fundraiser is also required.

All fundraising proceeds will benefit the research of a cure to diabetes.

Golf season to begin

A new season of golf comes into full swing Thursday with an open house at 5 p.m. at The Courses Fort Meade clubhouse on post.

For more information, call (301) 677-4333.

Fishing Day set for June 10 at Patuxent Refuge

The Patuxent Research Refuge National Wildlife Visitors Center will host a fishing day June 10 from 1 p.m. to 4 p.m. at the PRRNWVC, said Patty Nagel, administrative team leader and volunteer coordinator.

The free event will teach visitors various fish species and fishing techniques, said Nagel.

For more information, contact the Patuxent Wildlife Refuge at (301) 497-5760 from 10 a.m. to 5 p.m. daily.